

Lesson Plan: Yeast Dough

Text: Introduction to Culinary Arts 17.2 pages 553=562

Student's Lab Resources and Study Guide: 17.2 pages 231=233

Schedule:

Day 1: Overview of the plan for the week. Students read text and fill out worksheet handouts. Class discussion

Day 2: Class demonstration (prepare dough in advance for pizza demo , dough making process, pizza making procedure and breadstick procedure, students sample the finished product

Day 3: Students prepare yeast dough, cover with plastic wrap leave it out to rise, prep all pizza topping ingredients: onions, peppers, cheese, Pepperoni. Students may bring additional ingredients. Label and refrigerate. Dough is refrigerated later in the day overnight. Marinara sauce was prepared during a previous lab and frozen.

Day 4: Students knead dough and cut dough in half. Roll half and assemble pizza and prepare twisted breadsticks with the other half, brush with olive oil sprinkle with garlic salt/parsley and parmesan cheese. Bake and enjoy.

Day 5: Group Lab Report and individual handout crossword puzzle/definitions page 234 Lab Resources and Study Guide

Pizza Dough

¼ cup warm water 90-100 degrees

1 envelope Rapid Rise Yeast

1 tbsp sugar

4 cups flour

½ tsp salt

1½ cups cold water

1 tbsp olive oil

Preheat oven to 400 degrees F

Combine warm water, yeast, sugar, let stand for 10 min.

Combine salt and flour in a separate bowl

Add yeast mixture, oil and cold water to flour mixture

Mix thoroughly and knead for 5 min

Form a ball with dough

Rub the inside of a bowl with olive oil

Place dough in bowl seam side down

Cover with plastic wrap

Let rise until dough doubles in size, about 45min

Cut dough in half and round

Roll out on lightly floured surface or stretch by rotating on your knuckles

Sprinkle pizza pan with corn meal and lay dough on the pizza pan

Makes 2 pizzas

Breadsticks

Prepare Pizza Dough Recipe

Roll dough in the shape of a long rectangle $\frac{3}{4}$ inch thick

Using a pizza wheel and cutting in the short direction, cut the dough into 1 inch strips

Grease a sheet pan and sprinkle with corn meal

Twist the strips and place on the sheet pan

Brush with olive oil

Sprinkle with garlic salt/parsley mixture and/or parmesan cheese

Bake 400 degrees until golden brown

Serve with marinara sauce for dipping

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Marinara Sauce

Recipe courtesy Giada De Laurentiis

Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	--	Easy	2 quarts
Cook Time:	1 hr 10 min		



Directions

- 1/2 cup extra-virgin olive oil
- 2 small onions, finely chopped
- 2 garlic cloves, finely chopped
- 2 stalks celery, finely chopped
- 2 carrots, peeled and finely chopped
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 2 (32-ounce) cans crushed tomatoes
- 2 dried bay leaves

In a large casserole pot, heat the oil over a medium-high flame. Add the onions and garlic and saute until the onions are translucent, about 10 minutes. Add the celery, carrots, and 1/2 teaspoon of each salt and pepper. Saute until all the vegetables are soft, about 10 minutes. Add the tomatoes and bay leaves, and simmer uncovered over low heat until the sauce thickens, about 1 hour. Remove and discard the bay leaf. Season the sauce with more salt and pepper, to taste. (The sauce can be made 1 day ahead. Cool, then cover and refrigerate. Rewarm over medium heat before using.)

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